

## Positive Alternatives 2017-2018 Quarterly Update

**Grantee (Name and city):** Way to Grow, Minneapolis

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**Goal:** Empower, motivate, and support pregnant women and mothers of new born infants to achieve healthy birth outcomes, foster positive child development, and move out of poverty.

**For the period/quarter 6 : October 1<sup>st</sup> – December 31<sup>st</sup>**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	<ul style="list-style-type: none"> <li>Hiring, training of staff, staff assessments, and all administrative duties</li> <li>Day to day operations of project and staff</li> <li>Manage caseloads of Family Educators</li> <li>Change and update forms to track staff time spent on grant</li> <li>Track and analyze data</li> <li>Report to Funders</li> </ul>		<ul style="list-style-type: none"> <li>Hired and trained one new Family Educators, who will work with MDH families.</li> <li>Submitted Evaluation Report Year 2 to Mary Ottman</li> <li>Updated our MDH template report for 2017-18 and submitted to Mary Ottman</li> <li>Changed and updated forms to track goals of the grant</li> <li>Changed and updated administrative forms to track staff time spent on grant (timesheets, mileage)</li> <li>Managed caseloads of families participating in the program</li> <li>1:1's with Family Educators working with MDH families</li> <li>Provided updates at all staff meeting regarding progress of the grant</li> <li>Tracked and analyzed data of grant progress</li> <li>Communicated with MDH contact with questions or to update information</li> </ul>	

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<b>Outreach</b>	<ul style="list-style-type: none"> <li>Community education and contact activities</li> <li>Outreach efforts to increase capacity</li> </ul>		In Q6, Family Educators recruited over 30 potential MDH families. We conducted recruitment efforts at a number of locations including: Division of Indian Work, Tapestry Resource Center, weekly outreach at WIC, Minneapolis Early Intervention and screening, Salvation Army, North Regional, Hosmer and Franklin library, Youth Link, Baby Space, Pillsbury and Lucy Laney school, North Point Health and Wellness Clinic, North Point Human Services, Broadway Family Medicine Clinic, and MN Internship Alternative School.	
<b>Case Management Services</b>	<b>Minnesota Visiting Nurse Agency (MVNA) Visits To Pregnant Women</b> Contract with Minnesota Visiting Nurse agency to provide home visits to pregnant mothers including public health nursing services, prenatal health assessments, maternal resources, and in-home nurse visits	15	<p>In Q6, Way to Grow referred 18 pregnant participants to MVNA. As a result, 6 women received an assessment, 2 were already connected and 10 refused. We did reach our referral goal, but also know that MVNA is also having a harder time enrolling pregnant moms. Several reasons for this include:</p> <ul style="list-style-type: none"> <li>The original goal number was based on the number of pregnant mothers in our program at this time last year. We continue to see a reduction of pregnant women in the community and as such our numbers served are lower.</li> <li>Since last quarter, women have also given birth and have transitioned from prenatal to infant and new parent programming.</li> <li>Some participants are homeless, or mobile, some have had previous pregnancies and previous MVNA assessments and as such, refused MVNA services for their most recent pregnancy. Instead, mothers may feel they already have the knowledge and experience of being pregnant and having a newborn.</li> <li>Referrals to MVNA increase and decrease over the course of the year, however we educate the majority of the pregnant mothers on this service. We continue to use</li> </ul>	18



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<b>Childcare Assistance</b>	Provide child care to parents who attend Way to Grow groups and classes.	15	In Q6, 26 contacts were given for childcare support so parents could attend classes. We know that childcare can be a barrier for many of our families and as such, provide childcare and transportation for most of our group meetings and events. Providing these services increases participation in our educational groups and events and in turn increases the knowledge and long-term health of our families. The events and groups with provided childcare this quarter included: New Parent Group, Dream Tracks teen parenting program, Cooking Matters nutrition class, and our Expanded Food and Nutrition program.	26
<b>Crib Distribution/ Sleep Safety Education</b>	Provide education on safe sleep during home visits.	160	In Q6, Way to Grow Family Educators provided 388 home visits focusing on safe sleep education. Activities included: <ul style="list-style-type: none"> <li>• Family Educators continued to utilize educational flyers and DVDs developed by the Eunice Kennedy Shriver National Institute of Child Health and Human Development to educate families.</li> <li>• Additionally, Way to Grow continued to receive Pack 'n Plays from Cradle of Hope on a monthly basis for distribution to our families. In Q6, we distributed 10 Pack 'n Plays to MDH families</li> <li>• We also utilized the Sleep Baby Safe and Snug books donated by MDH. We received 250 in English and 20 in Spanish. Family Educators read the book with families and left the book for families to review on their own. 40 of these books were distributed in the sixth quarter.</li> </ul>	388
<b>Education Assistance</b>	Referrals to agencies that assist in employee assistance.	10	In Q6 , Way to Grow provided 14 referrals to MDH participants to assist individuals in furthering their education and finding employment. Agencies referred to in the fifth quarter were: Minneapolis Public Schools Adult Basic Education, Open Door Learning Center, Franklin Learning Center, MNIC, Somali American Education Program, and the Latino Economic Development Center.	14

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<b>Hotline – connection to community resources</b>	<b>Family Support Services:</b> Provide resources to Way to Grow and non-Way to Grow families.	75	In Q6, Way to Grow Family Educators and Resource Advocates provided 293 community resource referrals to both enrolled and non-enrolled families that fit the MDH grant criteria. Frequently referred resources included: housing, employment, mental health, and education/GED.	293
<b>Interpreter Services</b>	<b>Interpreter Services:</b> Provide translation services at appointments, home visits, and group sessions. Translate resources and curriculum for families.	250	In Q6, Way to Grow Family Educators and Resource Advocates provided 374 interpreter services during home visits, phone calls, groups and classes, and while connecting families to community resources.	374
<b>Life-Skills Education Program</b>	<b>Dream Tracks:</b> Offers home visiting and monthly education sessions on topics including career development, resume writing, and other self-sufficiency skill-building topics.	25	In Q6, MDH participants in our Dream Tracks program received 36 contacts either through monthly meetings or home visits. There were three group sessions serving 12 teens and 8 children. Of these, 6 of the moms and 4 of the children are tracked under the MDH grant.	36
	<b>Cooking Matters:</b> Through University of Minnesota Extension Services; a six-week cooking class focusing on making healthy meals on a tight budget.	15	In Q5 and Q6, Way to Grow held a six-week Cooking Matters class. There were 12 contacts with MDH participants during the length of the course. In Q6, there were three sessions of Cooking Matters and 12 contacts.	12
	<b>New Parent Group:</b> Offers home visiting and monthly parenting group for pregnant women or new parents with children up to 12 months of age	22	There were 22 contacts with MDH participants that attended monthly New Parent Groups. In Q6, there were two group sessions. Serving 15 moms and 20 children of these 13 moms and 11 children were tracked under the MDH grant  <b>Note:</b> Way to Grow hosts monthly New Parent Group throughout during the school year, as such, numbers will vary each quarter due to our class/group schedules during the specific reporting period.	22

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<b>Material Support</b>	Family Educators provide material support including: Baby and maternity clothing, Diapers, Books, Backpacks, Bundles of Love, and school supplies.	75	<p>In Q6 , Way to Grow received or purchased the following items for MDH participants:</p> <ul style="list-style-type: none"> <li>• <b>50 Welcome Baby Bags</b> (filled with baby items) were distributed to MDH potential and/or current participants. These bags are used as recruitment incentives as well as given to pregnant mothers during home visits and Way to Grow groups and events.</li> <li>• <b>15 baby gates</b> were purchased and <b>11</b> have been given to MDH participants.</li> <li>• <b>10 Pack 'n Plays</b> were donated by Cradle of Hope and distributed to families.</li> <li>• <b>13 Bundle of Love bags</b> were given to MDH this past quarter. The bundles included handmade clothing and blankets for newborns.</li> <li>• 250 Sleep Baby Safe and Snug Books were donated to Way to Grow in the second quarter. <b>25 were distributed.</b></li> <li>• <b>WTG purchased 18 car seats and distributed 15 at classes on Saturday, October 8<sup>th</sup> and December 16<sup>th</sup>.</b> The classes were taught by a certified Car Seat trainer.</li> <li>• <b>WTG purchased 10 highchairs and 10 were distributed.</b></li> <li>• <b>10 Baby Basics were distributed.</b></li> <li>• Watch Me Grow and other prenatal brochures were ordered and approximately <b>30 were distributed.</b></li> </ul>	174



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<b>Pregnancy Testing</b>	Pregnancy Education during home visits.	180	In Q6, Family Educators provided 197 pregnancy education contacts during home visits. Topics included the importance of attending prenatal visits, birth plans, appropriate weight gain, breast-feeding, and bonding and attachment.	197
<b>Provide Necessary Services Assessments Only</b>	<ul style="list-style-type: none"> <li>• Provide intake assessment to determine need.</li> <li>• Provide women with information on, referral to, and assistance with pregnancy services.</li> <li>• Utilize resource database to provide information and make referrals.</li> </ul>	40	In Q6, Way to Grow completed 81 intake assessments with new MDH families to determine their need and the services that would best fit their family situation. During visits, Family Educators provided families with appropriate education, as well as referrals to and assistance with pregnancy services. For example, if a pregnant mother does not have doctor or clinic, Way to Grow assists and supports her as she finds a medical home.	81
<b>Transportation</b>	Provide taxis and bus tokens for classes, events, and prenatal care.	25	In Q6 Way to Grow provided 77 taxi rides to MDH participants to get them to and from prenatal appointments, as well as to attend Way to Grow classes, groups meetings, and events. Group sessions and events included Cooking Matters, Expanded Food and Nutrition Cooking Class, New Parent Group, Dream Tracks teen parenting program, and other community events.	77



<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	15
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	15
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	164
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	164
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	10
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	148

### **Challenges:**

#### **Minnesota Visiting Nurses Agency Referrals**

Way to Grow continues to see fluctuations in our MVNA referral numbers. Based on previous reports, Way to Grow has worked with our MDH contact to lower our quarterly referral goal from 30 to 15 referrals to MVNA. Referrals to MVNA are heavily dependent upon how many pregnant women we recruit in one quarter and that remain with the program. Additionally, some current Way to Grow clients who have had previous pregnancies and MVNA assessments refuse MVNA services as they feel they have the acquired knowledge and experience of being pregnant and having a newborn.

It is important to note that while referrals to MVNA increase and decrease over the course of the year, we worked to reach more pregnant mothers in Q6. We continue to use new strategies to recruit more pregnant women including weekly recruitment at WIC and Tapestry. Furthermore, Way to Grow Family Educators continue to discuss MVNA services with pregnant participants, as well as share the PHN assessment process and the benefits of the visit. It is also part of our procedure to follow-up with families to ensure that connections are made. Finally, some partner agencies may refer families to both Way to Grow and MVNA simultaneously. In these cases, if families enroll with Way to Grow, we send an additional referral to ensure families are connected.

#### **Mental Health issues and Homelessness**

We have seen an increase in Mental Health issues and homelessness with teen parents we serve at Way to Grow. We continue to provide home visits, teen parent support and empowerment groups, health education, and connection to community resources.

#### **Fluctuating Numbers**

As noted in the original work plan, Way to Grow experiences occasional fluctuations in participant attendance and client recruitment throughout the year due to our annual programming schedule, as well as an ever-fluctuating population of pregnant and/or new mothers.